

Caring Thoughts

Grant County Hospice Program



How long does the pain last?

“How long does the pain last?” a broken-hearted mourner asked me. “All the rest of your life,” I had to answer truthfully. We never quite forget. No matter how many years pass, we remember. The loss of a loved one is like a major operation: part of us is removed, and we have a scar for the rest of our lives. This does not mean that the pain continues at the same intensity. There is a short while, at first, when we hardly believe it; it is rather like when we have cut our hand, see the blood flowing, but the pain has not set in. So when we are bereaved, there is a short while before the pain hits us. But when it does, it is massive in its effect. Grief is shattering.

Then the wound begins to heal. It is like going through a dark tunnel. Occasionally we glimpse a bit of light ahead, then we lost sight of it, then we see it again, and one day we merge into the light. We are able to laugh, to care, to live. The wound is healed so to speak, the stitches are taken out, and we are whole again.

But not quite. The scar is still there, and the scar tissue, too.

As the years go by, we manage. There are things to do, people to care for, tasks that call for full attention. But the pain is still there, not far below the surface. We see a face that looks familiar, hear a voice that echoes, see a photograph in someone’s album, see a landscape that once we saw together, and it is as though the knife were in the wound again.

But not so painfully. And mixed with joy, too. Because remembering a happy time is not all sorrow; it brings back happiness with it.

We even seek such moments of bittersweet remembrance~memorial services, our memorial days, and our visits to the cemetery. Any though these bring back the pain, they bring back memories of joy as well. How long will the pain last?

All the rest of your life. But remember that not only will the pain last, but the blessed memories as well. Tears are the proof of life. The more love, the more tears. If this is true, then how could we ever ask that the pain cease altogether. For then the memory of love would go with it. The pain of grief is the price we pay for love.

Some articles are taken from:
Bereavement Magazine
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Hospice mail.

"The Nurses were real good to my wife. Excellent care." Platteville

The hospice people were the greatest in everything that hey did for my husband and his family. I have nothing but praise for them and so thankful." Fennimore

"When you are caring for someone at the end of their life and you know that nothing you do will change the outcome, the stress level is staggering. Hospice visits allow a short breather when your attention does not have to be 100%. It is a life saver for the caregiver." Fennimore

"MY mother had COPD—I was so afraid when she was in the process of dying that she would struggle terribly with breathing. Your medication regime was wonderful! We all were more comfortable. Thanks for your compassionate care." Lancaster



"The 'hospice' team was excellent and I am spreading the 'good' work that they do! Thanks for the wonderful care that was given to my mom." Platteville

"I just want to say that my father died with dignity and on his own terms with the help of hospice. He was able to stay in his own home longer with their help and they helped me not be overwhelmed with his care. They are an amazing group of people." Potosi

"The hospice staff were wonderful. They were very supportive of me and sweet to my husband. They appreciated my husband's unique personality. They always made sure my husband got the supplies he needed. Bravo to all of you. The death of my beloved husband is a great loss, but he felt loved and cared for in his final moments." Boscobel

Lessons in Grief

(Excerpt from Darcie Sims of Bereavement Magazine)

Lesson 6—Let go of regrets

Why do we spend so much time and grief over not saying goodbye? Why do we wash away the words we did get to say over a lifetime of living someone with the single lament, "I didn't get to say good-bye?"

Surely your loved one knew you loved him or her. Surely your loved one know you cared. And even if you don't believe he or she know, you can't do something about that right now. Why let not saying good-bye rob you of the memories of what you did get to say and how you lived your lives together? Why let not saying good-bye steal away the joy of knowing your loved one was in your life and still is a thread in your fabric, to be woven forever around your heart?

We never know when an ordinary day will turn into a day that gets marked down in the family history as a not-so-ordinary day. But all of us can live our lives so we can leave with few regrets. Don't let the events of the past several months rob you of your hope, your passion, your joy in living. Let it

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Thank you....

Memorial contributions and donations enable us to extend comfort, care, and support to other patients and their families. We are grateful.

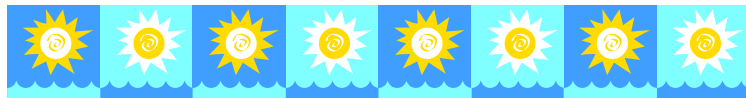
In Memory of Bernice Sheldon
Family and Friends

In Memory of Charles Dietrich
Deanna Dietrich

In Memory of Phyllis Derleth
Fred & Jane Derleth

In Memory of Bob Kennedy
J. F. Brennan Co., Inc.
Robert & Arlene Mentzer
Dennis & Cheryl Kieler

In Memory of Harlo Scott
His family
Randy Murray
Steven & Anne Stern
Kevin & Marianne Jorgensen
Jeffrey & Catherine Reinhardt
The Boelter Companies
Robert Scott
Michael & Renee Boroczko
Kim & Kathy Woolsey



In Memory of Ivan "Ike" Cohen
His family

In Memory of Frank Degenhardt
Marilyn Degenhardt

In Memory of Edwin Digman
His family
Berneita Digman

In Memory of Lorna Hamilton
Her family

Interested in Becoming a Hospice Volunteer?

Grant County Hospice will be offering volunteer training classes for people interested in becoming a volunteer for Grant County Hospice. Classes will be offered once a week beginning this fall from 1:00 to 4:00. More information available this fall. If you are interested in volunteering, please call Mareeta Kolman at 608.723.6416.

The true value of hospice volunteers cannot be measured in terms of hours or dollars. Hospice volunteers provide a humane, comforting presence to patients and families during one of life's most challenging journeys. A volunteer's time may be spent at the bedside, in the office, or at a community event benefiting Grant County Hospice.



**Grant County Hospice
Program**

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Lessons in grief cont.

become a lesson for all of us to live our lives as if there were only moments left, because that is all there really is anyway.

Moments—just moments, one after another, each special and sacred in their own way, each waiting to be etched forever on our memories or lost in the sea of millions of other ordinary moments. Take advantage of the moments we have and spend them wisely. Spend them saying, “I love you,” instead of wishing you had said good-bye.